



www.SelahStudio.life

@selahstudiolife on FB and Instagram

NOTE ON HOLIDAYS:
 Please be aware that there may be adjustments to the schedule below during any holidays. Always check MindBody for any updates.

NOVEMBER



Using MindBody

1. Find the MindBody app in your app store
2. Choose "Continue with Email"
3. Enter your email & create a password
4. Search for **Selah Studio**
5. Choose Selah to see the class schedule
6. From there will be able to purchase passes when you first book a class

If you wish to purchase a monthly autopay option, please speak to an instructor, or call or email the studio as these cannot be purchased through the app.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-5:00 pm Restorative (Non-Heated)	5:30-6:15 am Get FITT w/ HIIT (Non-Heated) 8:30-9:30 am Barre/Flow Fusion (Non-Heated) 5:30-6:30 pm Flow (Heated) 6:45-7:30 pm Core/Glutes (Non-Heated)	5:30-6:15 am Warrior Sculpt (Heated) 5:30-6:30 pm Power Flow	5:30-6:15 am Get FITT w/ HIIT (Non-Heated) 8:30-9:15 am Total Body Strength (Non-Heated) 12:00-12:45 pm Flow Express (Non-Heated) 5:30-6:30 pm Barre/Flow Fusion (Non-Heated)	5:30-6:15 am Rise Up Flow (Heated) 8:30-9:15 am Core/Glutes (Non-Heated) 9:30-10:30 am Gentle Yoga (Non-Heated) 5:30-6:15 pm Slow Flow (Non-Heated) New class! 6:30-7:15 pm Bro-ga! (Non-heated)	5:30-6:15 am <i>*see below</i> 8:30-9:30 am Barre (Non-Heated) 5:30 am classes Nov 4: Total Body Strength Nov 11: Barre Nov 18: Total Body Strength Nov 25: Barre	8:00-9:00 am Awaken Your Weekend Nov 5: Barre/Flow Fusion Nov 12: Flow Nov 19: Power Flow Nov 26: Gentle
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Monday, Nov 21: Tour of Stores Open House (NO 5:30 pm class) Stop by to see the studio and check out our membership specials.</p> </div>						

Please view our schedule on the MindBody app for up-to-date changes or cancellations